

## What is *Trishna* (Thirst)?

Dictionary.com defines **thirst** as:

**Noun:**

1. A sensation of dryness in the mouth and throat caused by need of liquid.
2. The physical condition resulting from this need, in any of various degrees: *They almost died of thirst.*
3. Strong or eager desire; craving: *a thirst for knowledge.*

**Verb** (used without object):

4. To feel thirst; be thirsty.
5. To have a strong desire.

Collins English Dictionary defines **thirst** as:

**Noun:**

1. A craving to drink, accompanied by a feeling of dryness in the mouth and throat.
2. An eager longing, craving, or yearning: *a thirst for knowledge.*

**Verb:**

3. To feel a thirst: *to thirst for a drink; to thirst after righteousness.*

Oxford Dictionary (English-Hindi) defines **thirst** as:

**Noun:**

1. Sensation or state of requiring drink; vehement desire for or of glory &c. [प्यास, पिपासा, तृषा, तृष्णा, प्यास लगना, प्यासा होना]

**Verb:**

2. To crave for or after; be physically thirsty. [पिपासु, प्यासा]

**Strong desire; Eager Longing, craving, or yearning;  
Vehement desire for or of glory &c.**

**All this is known as '*Trishna*' [तृष्णा], the Root Cause of Obesity**

It implies that '*Trishna*' has origin at Lumbar (Naval) center, Manipuraka Chakra, with due support of Cervical (Throat) center, Vishudhi Chakra; and it has range up to Coccyx center, Muladhara Chakra, and it completes the loop back to Manipuraka Chakra (Naval center). But we are unable to retain our consciousness in this loop and we fall down to corresponding nether loop of '*Trishna*' at Ankles and Under the Foot.

Manipuraka Chakra has corresponding nether pole (of Svargaloka) at Ankles and our consciousness there is in the field of Selfishness, Self-centeredness, Corruption, and Possessiveness. It is duly supported by Jealousy, Retaliation and Covetousness from the nether pole (of Janaloka, Vishudhi Chakra) at Knees.

Muladhara Chakra has corresponding nether pole (of Bhuloka) at Under the Foot and our consciousness there is in the field of sense gratification, conceit, malice, murder, and pull of enchanting material world.

**For ordinary human beings the natural operative loop for consciousness engrossed in 'Trishna' is Ankles to Under the Foot and back.** Human consciousness operating in this loop draws heavily from the Life Force (pranic current) which maintains the Fluid Balance of our body. This depletion of the Life Force results in Fluids being retained in our system and it shows up as excessive fat. **'Trishna' is therefore, the root cause of Obesity.**

**For the lower loop, the origin and termination of 'Trishna' is at the Ankles and the motivation is Under the Foot** – the region of sense gratification, conceit, malice, murder, and pull of enchanting material world. Moments spent in 'Trishna' have direct effect on the Fire Power of our body i.e. *saman pranic* current and our system does not have sufficient power to maintain Fluid Balance. **As human being we are the Master of our body and the moments spent in 'Trishna' is our willful drawing of Life Force and we end up paying the penalty of being overweight.**

**Moments spent in 'Trishna' in a previous birth also serve as pre-image for the current life and when such moments unfold for any individual,** it shows up as weight gain which is nothing but the Fluids getting retained in our system mainly as fat. **This is the reason why a person is Obese even as a child.** Our planet Earth where we are born as human being is a Big Karmic School and Obesity is one of the Communication System of God that person affected should control 'Trishna'. **Therefore, for a better and excessive fat free future one has to control 'Trishna'.**

### **Spiritual Meaning of 'Trishna'**

**Of all the animate forms only humans have been given the privilege to break open the shell of "the world-egg of God" and thus free themselves from their embodied form.** Bhuloka (Earth World) is the ideal plane and only humans can ascend to higher lokas by right conduct or descend to the underworld by wrong conduct. It depends upon the choices we make as human-spiritual beings while placed at Bhuloka. **Right activity at Bhuloka under the guidance of a fully realized and duly authorized teacher will lead us to Inactivity, which is one of the attributes of soul, and finally towards the much sought liberation.**

**As primal command of God we were sent to experience His creation and now our accumulated experience is the main hindrance to break free from our embodied status and in realization of self, Self and God.** Our accumulated experience in all lives as humans, our *sanskaras*, push us down from higher lokas to physical plane or underworld and we remain embodied in various forms in the astral, physical, and the underworld.

**Thirst (*trishna*) is the reason why the ego seeks reincarnation.** It is the blind thirst for manifested life, the desire to find some region where the ego can express itself. Until the realisation of Brahman is reached, there must always be *trishna*. **When a man has assimilated all that he has acquired, and made it part of himself, then *trishna* will arise and drive him out to seek new experiences.**

***Trishna* is the thirst for the things which the human ego formerly knew, and which it wills and desires to know again** - things familiar and akin to it from past experiences - which draws the intermediate nature or human ego of man back again to incarnation in earth-life. It is attracted anew to what is to it old and familiar worlds and scenes; it thirsts for the manifested life comprising them, for the things which it formerly made akin to itself; and thus is it attracted back to those spheres which it left at some preceding period of its evolutionary journey through them, when death overtook it.

**Its attraction to return to earth is naught but an operation of a law of nature.** Here the intermediate nature or human ego sowed the seeds of thought and of action in past lives, and here therefore must it of necessity reap their fruits. **It cannot reap where it has not sown, as is obvious enough. It never goes whither it is not attracted or drawn.**

**These seeds of former thoughts and acts, of former emotions, desires, loves, hates, yearnings, and aspirations,** each one of such begins to make itself felt as an urge earthwards, towards the spheres and planes in which they are native, and where they naturally grow and expand and develop.

**In this our present life also, all of us are setting in motion causes in thought and in action which will bring us back to this earth in the distant future.** We shall then reap the harvest of the seeds of thought and action that we are in this present life planting in the fields of our human nature.

### **Conclusion**

**To check Obesity, control '*Trishna*'.** Moments spent in controlling '*Trishna*' in current life will help in checking Obesity. '*Trishna*' is bound to be there till we realize Brahman or higher states. So, lesser the better.